

vegan suggestions

breakfast

baked egg dish

1. substitute tofu scramble for eggs
2. no cheese or substitute vegan cheese+
3. choose vegetable add in
4. choose a bagel & toast option from list below

chorizo scramble

1. substitute tofu scramble for eggs
2. no cheese or substitute vegan cheese+
3. no sour cream

BYO breakfast pizza

1. choose thin crust
2. substitute tofu scramble for eggs
3. substitute + vegan cheese
4. add your favorite veggies

sides

hash brown patties

side of potatoes

toast or bagel

white | wheat | rye | plain bagel wheat bagel

fresh fruit

peanut butter or hummus

salads

southwestern salad

1. choose herb roasted tofu
2. no cilantro ranch
3. select substitute dressing

psychedelic salad

1. choose herb roasted tofu
2. select vegan dressing

spinach salad

1. choose herb roasted tofu
2. order no feta

falafel salad

1. no feta

vegan salad dressings

sun-dried tomato vinaigrette
apple raspberry vinaigrette
tahini cucumber
russian
balsamic vinegar & oil

lunch + dinner

samosa flatbread

no modifications

hummus

no modifications

chips & salsa

no modifications

impossible burger

1. no cheese
2. substitute brioche for ciabatta or other bread listed below
3. select vegan side

eggplant lasagna

1. no cheese or substitute vegan cheese+
- (garlic bread is vegan)

herbivorian wrap

1. select hummus as spread
2. select a vegan side

secret garden

1. choose thin crust
2. choose marinara or BBQ
3. select toppings
4. no cheese or sub + vegan cheese

vegetarian delight quesadilla

1. substitute vegan cheese+ for swiss & mozzarella
2. no sour cream
3. select a vegan side

build your own pizza

12 inch thin crust pizza
sauces: marinara | BBQ

proteins: herb roasted tofu or chorizo & potato blend

vegetables: mushrooms, onions, bell peppers, black olives, banana peppers, jalapeños, tomatoes, spinach, broccoli

no cheese or vegan cheese+

vegan breads

tomato-basil focaccia | ciabatta
sliced white | sliced wheat | rye

sides

tortilla chips & salsa black beans & rice
french fries kettle chips
fruit+ side salad
roasted vegetables+

dessert

lemon blueberry bar

try it warmed up with the vegan whipped topping

poppyseed bread

cinnamon coffee cake bread

gluten sensitive suggestions

Please communicate with your server regarding gluten sensitivity.
We serve gluten free items but are not a gluten free kitchen.

breakfast

grilled breakfast sandwich

1. substitute gluten-free bread+
2. choose from sides listed

breakfast pizza

1. gluten-free crust+
 2. choose hearty country, vegetable or build your own
- **all breakfast pizzas include fried potatoes, see note & omit potatoes if best for you

appetizers

spinach & artichoke dip

1. no baguette, substitute tortilla chips for no charge or raw vegetables+

hummus

1. substitute tortilla chips for pita, or raw vegetables+ for pita

fresh chopped salsa & tortilla chips**

no modifications

lunch & dinner

bacon mushroom chicken sandwich

1. substitute for + gluten free bread

fish tacos

1. no tortillas, request lettuce for lettuce wraps
 2. choose broiled or fried**
- fish is coated in a gluten free rice flour

eggplant lasagna

1. no garlic bread

spinach salad

1. no bread

keto suggestions

breakfast

baked egg dish

1. no potato
2. choose your add ins
3. no toast, upgrade to cottage cheese

american breakfast

1. substitute for cottage cheese for potato choice.
2. choose no grain choice or upgrade for 2nd cottage cheese+

salads & appetizers

bistro

1. no cranberries
2. no bread
3. substitute dressing to bleu cheese

spinach salad

1. no bread

spinach & artichoke dip

1. no baguette, substitute for raw vegetables+

+ INDICATES AN UPCHARGE

pizza

any specialty pizzas

1. choose gluten free crust+

build your own pizza

choose gluten free crust+
sauces: marinara, basil pesto, BBQ or chipotle BBQ

protein: pepperoni, italian sausage, bacon, ham, grilled chicken, herb roasted tofu, chorizo & potato blend

vegetable: mushrooms, onions, bell peppers, black olives, banana peppers, jalapeños, tomatoes, spinach, broccoli

mozzarella cheese included. available to add: extra cheese, feta, bleu cheese

gluten free sides

tortilla chips & salsa**	smashed potatoes
french fries**	black beans & rice
cottage cheese	kettle chips
side salad	roasted vegetables+
	fruit+

**tortilla chips, french fries, breakfast potatoes & fish are gluten-free. However, they are fried in oil that also fries items that contain gluten. We provide this information so you can decide to avoid these fried items based on your level of sensitivity or allergy. Please ask for the manager if you have additional questions.

lunch & dinner

any sandwich or burger can be made with leaf lettuce or on cabbage for no charge. our favorites listed below

bacon mushroom chicken on leaf lettuce
cajun fish sandwich blackened on cabbage
royale burger on leaf lettuce
reuben on cabbage bed
1. no thousand island

chargrilled salmon

choose double roasted vegetables+ for sides

side choices

roasted vegetables+ salad dressings
cottage cheese net carb value per 2 oz serving
side salad creamy bleu cheese 1g
butter milk ranch 2g
sw cilantro ranch 2g
tahini cucumber 2.4g
red wine vinegar & olive oil 0g
sundried tomato vinaigrette 2.9g

+ INDICATES AN UPCHARGE